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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
JANUARY 4, 1933 (WEDNESDAY)

### THE MARKET BASKET

by  
The Bureau of Home Economics, U. S. Department of Agriculture

#### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal --- Milk for children, bread for all		:
Every day --	Two to four times a week --	:
Cereal in porridge or pudding	: Tomatoes for all	:
Potatoes	: Dried beans and peas or peanuts	:
Tomatoes (or oranges) for children	: Eggs (especially for children)	:
A green or yellow vegetable	: Lean meat, fish, or poultry or	:
A fruit or additional vegetable	: cheese	:
Milk for all	:	:

#### BUDGETING FOOD EXPENDITURES IS PROTECTION TO FAMILY HEALTH

Do you budget your food money? If not, says the Bureau of Home Economics of the U. S. Department of Agriculture, there is a good subject for a New Year's resolution. To budget all household expenditures is good business, the bureau thinks, but to budget the food money is a protection to the family health, particularly if the family funds are low. A market list, made up weekly, and made up wisely, can be used to insure a balanced diet as well as a balanced budget.

In fact, the food budget must be balanced, and in more than one way. There should be no deficit, of course, of money or food supply. But there is another





sort of balance that must be achieved. The items in the food budget must balance each other in nutritive value. And the more limited the choice of foods, the harder it becomes to work out that kind of balance.

Consider, for example, a family that has no more than \$7 a week to spend for food, with children in the family. That allowance will buy less in some parts of the country than in others, of course, but what foods shall the budget provide in order to meet, within that cost, the requirements in nutritive value?

To answer that question it is necessary first to have in mind that the body needs several different kinds of foods - energy-yielding foods, body-building and body maintenance foods, foods to help regulate body functions and to build resistance to disease. To supply those needs it is necessary to provide foods that will furnish the carbohydrates, fats and proteins required for body fuel; the proteins, minerals and vitamins for body building and protective purposes. As a matter of convenience foods may be classed in five groups from which to select for those purposes, and those groups are: Milk and milk products; vegetables and fruits; bread and cereals; fats and sugars; meats, fish and eggs.

Something from each of these food groups must be included if the food budget is to balance in nutritive value. But how much of each?

This question is answered most easily by applying the familiar rule for expenditure of food money: Divide each food dollar in five parts (not equal parts, however). If the weekly allowance for food is \$7 for the family in question, the food budget would be balanced in nutritive value if the money is spent about this way:

One-third (\$2.33) for milk and cheese

One-fourth (\$1.75) for vegetables and fruits

One-fifth (\$1.40), or less, for cereals, bread, and beans

One-eighth (87 cents), or less, for fats, sugar, and molasses

The rest (65 cents or more) for other foods -- meat, fish, eggs



Many families, unfortunately, are compelled to get along nowadays on still less than the \$7 weekly budget suggested above. For a \$5 food budget, an emergency food relief allowance, the bureau urges approximately this same proportional division of money. The same variety of foods is necessary for emergency diets as for other diets and variety needs more emphasis because it is harder to obtain.

Remember, says the nutritionist, that milk does more for the body than any other food; that dried beans and peas are many-sided foods and for this reason can be used to good advantage in low-cost diets; that potatoes have several kinds of food value and are therefore economical; that you need tomatoes and raw cabbage, and also greens and as many other vegetables and fruits as you can afford. A weekly low-cost food budget for a family of five may be set up thus, the cost varying, of course, with the locality, and the choice of articles in each class of foods:

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. .	2 $\frac{1}{2}$ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Oatmeal - Toast  
Coffee (adults) - Milk (children)  
Tomato juice for youngest child

1. The first part of the report is devoted to a general

description of the object of the study, its purpose and

the methods used in the investigation.

2. The second part of the report is devoted to a

detailed description of the results of the investigation.

3. The third part of the report is devoted to a

discussion of the results of the investigation.

4. The fourth part of the report is devoted to a

conclusion of the investigation.

5. The fifth part of the report is devoted to a

summary of the results of the investigation.

6. The sixth part of the report is devoted to a

list of references.

7. The seventh part of the report is devoted to a

list of abbreviations.

8. The eighth part of the report is devoted to a

list of symbols.

9. The ninth part of the report is devoted to a

list of figures.

10. The tenth part of the report is devoted to a

list of tables.

11. The eleventh part of the report is devoted to a

list of appendices.

12. The twelfth part of the report is devoted to a

list of references.

13. The thirteenth part of the report is devoted to a



Dinner

Kidney bean stew  
Cold slaw  
Hot biscuits - Jam or jelly  
Hot tea (adults) - Milk (children)

Supper

Cheese toast  
Stewed apricots  
Milk for all

RECIPES

Kidney Bean and Rice Stew

1½ cups dried kidney beans	½ cup rice
2 quarts water	Salt
¼ pound salt pork, diced	Pepper
2 onions, chopped	2 cups canned tomatoes

Wash the beans thoroughly and soak overnight in the water. Simmer the beans in the water in which soaked until nearly tender, about 1 hour. Fry the salt pork until crisp, remove, and brown the onions in the fat. Wash the rice and add with the onions to the beans and boil gently for about 20 minutes. Stir in the tomatoes, salt pork, with salt and pepper to taste, heat to boiling, and serve.

Scalloped Mixed Vegetables

Mix two or more kinds of fresh-cooked or left-over vegetables such as string beans, carrots, and turnips or cabbage, and place in a shallow baking dish. Pour over the vegetables thin white sauce to which cheese has been added. Cover with buttered bread crumbs and bake in a moderate oven until the sauce bubbles and the crumbs are brown.

Baked Indian Pudding

1 quart milk	½ cup molasses
1/3 cup yellow cornmeal	½ to 1 teaspoon ginger
1 teaspoon salt	

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300°F.) for 2 hours. Serve hot.

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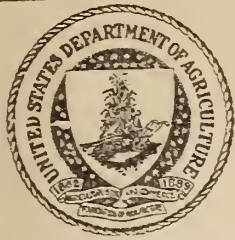
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U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
JANUARY 11, 1933 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U.S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all		:
		:
Every day --	Two to four times a week --	:
Cereal in porridge or pudding	Tomatoes for all	:
Potatoes	Dried beans and peas or peanuts	:
Tomatoes (or oranges) for children	Eggs (especially for children)	:
A green or yellow vegetable	Lean meat, fish, or poultry or	:
A fruit or additional vegetable	cheese	:
Milk for all		:
		:

WHOLE WHEAT GIVES GOOD VALUE IN LOW-COST DIETS

Every so often, especially in these times, the Bureau of Home Economics of the U. S. Department of Agriculture is asked about the use of whole wheat for the family table. The question comes from housewives who must buy the cheapest foods they can find, and it comes from relief workers who are struggling to make meager funds hold out for hungry people. The farmer, meantime, has surplus wheat to sell, and wheat is very cheap.

Whole wheat, says the Bureau in response to such queries, is a very nutritious food. It contains proteins, minerals, and vitamins (especially vitamin B), in addition to the proteins and carbohydrates that are the chief constituent of white flour. The wheat germ, however, which is the most nutritious portion of the grain, and which lies in a very exposed position at one end and side of the kernel, is taken off in the milling process, along with the bran coat. With these parts go

*[Faint, illegible text, likely bleed-through from the reverse side of the page. The text is arranged in several paragraphs and is mostly unrecognizable.]*



most of the mineral and vitamin values and some of the protein content of the grain. When the entire grain, whole or cracked, is used the full nutritive value of wheat is available.

For these reasons, says the bureau, the use of the whole grain is especially advantageous where food supplies are limited. In a mid-western city a three-day wheat demonstration school was held not long ago by Extension Service nutritionists cooperating with a local agency. Various appetizing dishes were prepared by the 500 women who attended the school, to illustrate the possibilities of whole and cracked wheat in the family bill of fare. One result of the demonstration was that nine of the city's schools began to use wheat in the feeding of under-nourished children.

The city housewife may not be able to buy whole wheat at a grocery, the bureau says, but she can get it at a feed store. Grocers do not ordinarily carry it because of difficulty in long-time storage. Clean wheat, however, cleaned either at the mill or the farm, can be kept in the house, in a dry, cool place, for three or four weeks, according to wheat experts of the Department of Agriculture.

Clean wheat at the feed store may cost 3 cents a pound, but probably will cost less in most localities. A pound of whole-ground wheat will make breakfast porridge for 2 days for a family of five, with generous servings. Even at 3 cents a pound, the cost of such servings would be less than a third of a cent each, or  $1\frac{1}{2}$  cents per day for the family. A peck of wheat (15 pounds) is enough to provide such a family with breakfast food every day for a month.

To save time and fuel in cooking, the wheat may be ground. Perhaps the feed store will grind it. At home a coffee grinder, or a meat grinder can be used. There are also special machines for scoring the grain.

For cooking the ground wheat over direct heat, the bureau suggests using 6



Dear Sir,  
I have the honor to acknowledge the receipt of your letter of the 10th inst.

and in reply to inform you that the same has been forwarded to the proper authorities for their consideration.

I am, Sir, very respectfully,  
Your obedient servant,  
J. H. [Name]

P.S. - I have also the honor to inform you that the same has been forwarded to the proper authorities for their consideration.

I am, Sir, very respectfully,  
Your obedient servant,  
J. H. [Name]

P.S. - I have also the honor to inform you that the same has been forwarded to the proper authorities for their consideration.

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I am, Sir, very respectfully,  
Your obedient servant,  
J. H. [Name]

pints of boiling water to the pound of wheat, with 3 teaspoonfuls of salt. Let the mixture simmer for an hour to an hour and a half, stirring occasionally. For cooking in a double boiler, use equal quantities of wheat and water, and cook until tender, or until no uncooked starchy flavor is present. It will probably be most convenient to cook enough for two days at a time. In that case the reheating on the second day will improve the flavor and texture of the wheat.

To cook the whole grain, first soak it overnight, then boil it gently for 3 or 4 hours, or until it is tender and no uncooked starchy flavor is present. Among the table possibilities of whole wheat, besides breakfast porridge, the Bureau of Home Economics suggests chowder, scrapple, a pilaf, muffins, pudding, or cookies. Of the wheat may be served at dinner as rice or hominy is served.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereal (some whole wheat) . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc . . .	2 $\frac{1}{2}$ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs. . . . .	5 - 7 "
Eggs ( for children) . . . . .	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cakes - Brown sugar syrup  
Tomato juice for youngest child  
Coffee (adults) - Milk (children)

The first of these is the fact that the  
 government has been unable to raise the  
 necessary funds to meet its obligations.  
 This is due to a number of factors, including  
 the fact that the government has been unable to  
 collect the necessary taxes, and the fact that  
 the government has been unable to borrow the  
 necessary funds from the international market.  
 The second of these is the fact that the  
 government has been unable to implement the  
 necessary reforms to the economy. This is due  
 to a number of factors, including the fact that  
 the government has been unable to implement the  
 necessary reforms to the tax system, and the  
 fact that the government has been unable to  
 implement the necessary reforms to the financial  
 system.

THE ECONOMIC SITUATION IN THE  
 MIDDLE EAST

1. The first of these is the fact that the	government has been unable to raise the	necessary funds to meet its obligations.
2. This is due to a number of factors, including	the fact that the government has been unable to	collect the necessary taxes, and the fact that
3. the government has been unable to borrow the	necessary funds from the international market.	
4. The second of these is the fact that the	government has been unable to implement the	necessary reforms to the economy.
5. This is due to a number of factors, including	the fact that the government has been unable to	implement the necessary reforms to the tax system,
6. and the fact that the government has been unable	to implement the necessary reforms to the financial	system.
7. The third of these is the fact that the	government has been unable to implement the	necessary reforms to the social system.
8. This is due to a number of factors, including	the fact that the government has been unable to	implement the necessary reforms to the education
9. system, and the fact that the government has been	unable to implement the necessary reforms to the	health system.
10. The fourth of these is the fact that the	government has been unable to implement the	necessary reforms to the legal system.
11. This is due to a number of factors, including	the fact that the government has been unable to	implement the necessary reforms to the judicial
12. system, and the fact that the government has been	unable to implement the necessary reforms to the	prosecution system.

THE ECONOMIC SITUATION IN THE  
 MIDDLE EAST

The economic situation in the Middle East is  
 a complex one, and it is difficult to provide a  
 simple summary of it. However, it is clear that  
 the economic situation in the Middle East is  
 a complex one, and it is difficult to provide a  
 simple summary of it.

Dinner

Pork Liver scalloped with Potatoes  
Sauerkraut  
Whole-wheat cookies  
Coffee or Tea (adults) - Milk (children)

Supper

Whole-wheat Chowder  
Canned Peaches  
Milk for all

- - - - -

RECIPES

Whole-wheat Chowder

2 cups diced carrots  
1 pint boiling water  
1/2 cup diced salt pork  
4 tablespoons chopped onion  
1 tablespoon flour

1 pint milk  
2 cups cooked whole wheat  
1 teaspoon salt  
Pepper  
1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Beef and Whole Wheat

2 tablespoons fat  
4 tablespoons chopped onion  
1 pound beef, diced  
Flour

3 cups water  
1/4 of a chili pepper  
Salt  
2 cups cooked whole wheat

Melt the fat and cook the onion for a few minutes, then add the meat which has been slightly rolled in flour. When the meat has browned somewhat add the water. Partly cover and simmer until the meat is tender. Stir in the chili pepper, and the wheat, and add salt to taste.

Whole wheat Scrapple

1 pound ground cooked pork  
3 cups cracked wheat  
6 cups broth from pork  
3 teaspoons chopped onion

2 teaspoons salt  
1/4 teaspoon black pepper  
1/2 teaspoon poultry seasoning

Cook the cracked wheat in the broth from the pork for one-half hour. Combine the pork and the wheat, add the seasoning, and mix thoroughly. Place in a mold which has previously been rinsed with cold water. When the mixture has set, cut into thin slices and brown in fat in a frying pan.

Whole wheat Cookies

3/4 cup sifted flour  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/2 teaspoon soda  
2 tablespoons fat(melted or liquid)

1/2 cup sugar  
1 egg  
1 cup cooked whole wheat  
1 cup seedless raisins

Sift the dry ingredients together, except the sugar, add the fat, sugar, beaten egg, wheat, and raisins. Stir until well mixed. Drop by teaspoonfuls on a greased pan about 2 inches apart and bake in a moderate oven until lightly browned.

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Figure 1 is a line graph showing the percentage of total catch versus the number of hauls for various fish species. The x-axis is labeled 'Number of hauls' and ranges from 0 to 10. The y-axis is labeled 'Percentage of total catch' and ranges from 0.0 to 1.0. The legend indicates: 1.0 = 100%, 0.5 = 50%, 0.2 = 20%, 0.1 = 10%, 0.05 = 5%, 0.02 = 2%, 0.01 = 1%, 0.005 = 0.5%, 0.002 = 0.2%, 0.001 = 0.1%.

Number of hauls	Percentage of total catch
1	0.001
2	0.002
3	0.005
4	0.01
5	0.02
6	0.05
7	0.1
8	0.2
9	0.5
10	1.0

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U. S. DEPARTMENT OF AGRICULTURE  
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PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
JANUARY 18, 1933 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	Every meal -- Milk for children, bread for all	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

TURNIPS HAVE A PLACE IN LOW-COST DIETS

In providing a diet at low cost it is always a problem to find a sufficient variety of protective foods. In winter the choice among cheap vegetables other than potatoes is limited chiefly to cabbage, tomatoes, some greens, and some of the succulent roots. Of the roots, says the Bureau of Home Economics of the U. S. Department of Agriculture, carrots and sweetpotatoes are richest in protective values. Turnips, however, have a place because they are cheap, because they are a good source of vitamin C and a fair source of vitamin B, and because when served they are likely to be eaten in quantities sufficient to make their vitamin and mineral content an item worth considering in the low-cost diet. Yellow turnips furnish also some vitamin A.

Turnips are, moreover, two vegetables in one. Their roots provide winter



fare, and their tops furnish greens which are available in southern areas of the United States nearly all the year. Turnip greens are among the richest of all vegetable foods in vitamins A, B, and C. and in minerals, especially iron. Some varieties of turnips are grown for their tops alone. Others are planted primarily to supply roots for winter but growers often leave some of these roots in the ground so that the green shoots may furnish greens in spring and summer.

Consider the turnip also, says the bureau, because it is one of the vegetables that is eaten raw.

Any vegetable eaten raw contributes all of its minerals and vitamins. Raw turnip salad, then, or salad strips of turnip alone, served instead of a stalk of celery, is a very cheap way to add protective food values to a meal, through the minerals and especially the vitamin C. in raw turnips. When the turnips are cooked, some of vitamin C will be lost, and care is needed in cooking and serving to preserve other vitamin and mineral values. Vitamin A, however, is not readily destroyed by heat; therefore, more of this vitamin is retained in the cooked vegetable.

Yellow-fleshed turnips, rather than white, furnish vitamin A. And yellow turnips are plentiful in many parts of this country. Some kinds are called just "yellow turnips", others are yellow rutabagas, or "swedes", so called from their Scandinavian origin.

Turnips are close relatives of the cabbages -- belong, indeed, to the same genus, Brassica. They are close to the radishes, also, their many varieties shading almost into some radish varieties. There are turnips of many colors, among them black, green, purple, and even red, as well as white and yellow. Common varieties, however, are the globular white, the purple-top white, the yellow, and the rutabagas yellow and white.

Many varieties of turnips are native to the Old World, and have been cultivated since very ancient days. In the time of King Henry VIII of England, history





records "turnips were used baked or roasted in the ashes, and the young shoots were used as a salad and as a spinach". Turnip kraut is an Old World dish that is familiar to many people in this country today, and turnips are one of the makings of a New England boiled dinner, a stew, or a vegetable soup, any of which may be a balanced meal in itself, partly by reason of the mineral and vitamin values of the turnips.

The art in cooking turnips (and the science, too) is to use as little water as possible, cook no longer than is necessary to make the turnips tender, and use an uncovered cooking vessel. The cooking time can be shortened if the turnips are diced, or otherwise cut up. Follow these directions to retain maximum food value, and avoid a "strong" flavor.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs.
Flour . . . . .	1 - 2 "
Cereals . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 23 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2½ "
Sugar and molasses. . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs ( for children). . . . .	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Rice and Raisins with Top Milk  
Whole wheat toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Savory Vegetable Stew  
Bread and Butter  
Pineapple and Lettuce Salad  
Tea (adults) - Milk (children)

Supper

Sausage and Hot Cakes  
Cocoa





## RECIPES

### Quick Turnip Soup

1 quart milk  
1 onion, cut in half  
1 tablespoon flour  
2 tablespoons melted fat

2 cups grated raw turnip  
1 teaspoon salt  
Chopped parsley

Heat the milk in a double boiler with the onion, add the flour and fat, which have been well blended, then the turnip, and salt. Cook until the turnip is tender, or for about 10 minutes, and remove the onion. Sprinkle chopped parsley over the soup just before serving.

### Savory Vegetable Stew

2 cups diced salt pork  
4 cups diced rutabaga turnip  
2 small onions  
4 cups diced potato

1 teaspoon sage  
4 cups hot water  
1 teaspoon salt  
1/4 teaspoon pepper

Fry the diced salt pork until crisp. Remove the pork and some of the fat from the skillet and brown the onion and turnip in the remaining fat. Add the potato, salt, sage, and water. Cover and simmer until the vegetables are tender. Remove the cover and cook until the stew has thickened somewhat. Add the crisped salt pork, pepper, and more salt if needed. Serve with crisp toast.

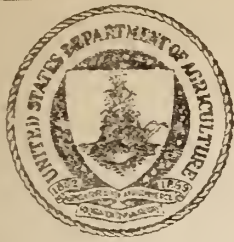
### Turnips in Salads

For salads with turnips diced or sliced the following combinations are suggested: Raw turnips and apples; raw turnips and raw carrots; raw turnips and onions; cooked peas and carrots and raw turnips; cooked potatoes and raw turnips.

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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
JANUARY 25, 1933 (WEDNESDAY)

### THE MARKET BASKET

by

The Bureau of Home Economics, U.S. Department of Agriculture  
- - - - -

### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding  
Potatoes  
Tomatoes (or oranges) for children  
A green or yellow vegetable  
A fruit or additional vegetable  
Milk for all

Two to four times a week --

Tomatoes for all  
Dried beans and peas or peanuts  
Eggs (especially for children)  
Lean meat, fish, or poultry or  
cheese

### USING THE CHEAPER KINDS OF LIVER

Liver may be either a cheap food or a luxury. That depends upon the kind you buy. Cheap or expensive, it is a very nutritious food, says the Bureau of Home of the U. S. Department of Agriculture. Pork liver, which is selling for 9 cents a pound just now, has much the same food values as calf liver, now selling as high as 60 cents. So have beef liver and lamb liver, both of which are, as a rule, cheaper than calf liver.

Liver is a unique food. In the animal body it serves partly as a storage organ, and therefore contains an abundance of food substances not found in other meats. It is especially rich in iron and copper, which are needed for the building of red blood corpuscles. It is one of the richest sources of vitamin A, is a good source of vitamin G, and contains some vitamin B. Like other meats, it has a high







percentage of protein. In recent years science has discovered that liver has specific value in certain types of anemia. For the regular family bill-of-fare, nutrition specialists suggest liver as one of the most valuable kinds of meat.

Much of the attractiveness of liver as it comes to the table depends upon the method of cooking. It depends also upon the tenderness and freshness of the liver. The age of the animal is a factor there.

The usual method of cooking liver is to broil or sauté it. Cookery experts point out, however, that liver may very easily be overdone by cooking a little too long or by using too much heat. Fresh and tender liver should be cooked only long enough to take away the red color. Other liver, with a less delicate flavor and texture, tastes better if scalded first, although some food value is then sacrificed.

Another way to utilize the cheaper kinds of liver, like the cheaper cuts of meat of any kind, is to chop or grind and combine it with other foods. Thus, besides such popular dishes as broiled liver and bacon, liver and onions, liver and milk gravy, braised liver, or baked liver, all of these utilizing slices, there are creamed liver, liver hash, liver and rice loaf, and liver croquettes, which call for chopped or ground liver. Then there are scalloped liver and potatoes, or scalloped liver and whole wheat. Liver salad may be made of chopped liver, raw cabbage and onions.

Braised liver in tomatoes is still another appetizing dish. For this, dip the liver in flour, brown it in fat, then cover it with tomatoes which have been slightly thickened, season it with onion, green pepper, and salt, and cook slowly, covered, for 15 or 20 minutes.

Liver is an excellent food for children, say the nutrition specialists. Therefore, when fowls of any kind are on the family bill-of-fare, let the children have the livers. Liver makes a good sandwich filling, too, for the school lunch



box. The paste may be made by mixing chopped or ground liver with chopped pickle, chopped cabbage, chili sauce, or other seasonings..

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread . . . . .	12 - 16 lbs
Flour . . . . .	1 - 2 "
Cereal . . . . .	4 - 6 "
Whole fresh milk, or . . . . .	23 - 28 qts.
Evaporated milk . . . . .	23 - 28 tall cans
Potatoes . . . . .	15 - 20 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	15 - 20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	2 $\frac{1}{2}$ "
Sugar and molasses . . . . .	3 "
Lean meat, fish, cheese, and eggs . . . . .	5 - 7 "
Eggs (for children) . . . . .	8 eggs
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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Liver and Rice Loaf  
Canned String Beans  
Corn Gems  
(molasses)  
Tea (adults) - Milk (children)

Supper

Fried Apples and Sweet Potatoes  
Bread and Butter  
Milk for all

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RECIPES

Broiled Liver

1-1/2 pounds liver, cut in  
slices 1/4 inch thick

Salt  
Pepper  
Butter

Wipe the slices of liver with a damp cloth. Place them on a greased baking sheet or broiling rack and put it under the flame of the broiling oven. The flame should not be too high or the meat too close to it. Cook from 8 to 10 minutes, turning frequently. When the liver loses its red color it is done. Add salt and pepper, melted butter, and serve at once.

Liver and Ham on Toast

1-1/2 pounds sliced liver  
2 tablespoons fat  
2 tablespoons flour

2 cups milk  
1 cup ground cooked ham  
Salt to taste.





Cook the liver slowly in the fat for about 10 minutes and cut into small pieces. Mix the flour with a little of the milk, and stir into the drippings. Add the other ingredients and cook for a few minutes. Serve on crisp thin toast.

#### Scalloped Liver and Whole Wheat

4 thin slices bacon, or salt pork	$\frac{1}{2}$ pound liver
1 onion, sliced	2 cups cooked whole wheat
Salt	$\frac{1}{2}$ cup hot water
Pepper	
Flour	

Fry the bacon or salt pork until crisp, remove it, brown the onion in the fat, and push to one side. Salt, pepper, and lightly flour the liver and fry it slowly in the fat until the red color disappears, turning it frequently. Cut up the liver and the bacon or salt pork, mix with the onion, and add more salt if needed. Put the wheat and liver in a greased baking dish in alternate layers. Pour the water around the sides of the dish, cover, and bake for about 30 minutes. Serve from the dish.

#### Scalloped Liver and Potatoes

1 pound liver, sliced thin or chopped	2 tablespoons bacon fat
Salt	1 quart thinly sliced raw potatoes
Pepper	1 small onion, chopped
Flour	$1\frac{1}{2}$ cups milk

Salt and flour the liver and brown lightly in the bacon fat. Put the potatoes and liver in alternate layers in a greased baking dish, with potatoes on the top and bottom. Add salt and pepper to season the potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven ( $350^{\circ}$  F.), or until the potatoes are tender. Toward the last remove the cover and allow the potatoes to brown on top.

#### Liver and Rice Loaf

$\frac{1}{2}$ cup rice	1 cup chopped celery or cabbage
4 cups boiling water	$\frac{1}{4}$ cup chopped parsley
1 pound sliced liver	2 tablespoons flour
2 tablespoons fat	1 cup tomatoes, canned or fresh
1 small onion, chopped fine	2 teaspoons salt

Cook the rice until tender in boiling water and do not drain, but let the rice absorb the water so it will be a binder for the loaf. Sprinkle the liver with salt and flour, and cook in the fat for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomatoes, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, and bake for about 30 minutes in a moderate oven ( $350^{\circ}$  F.).



